

Recovery House, Inc.
Outpatient Substance Abuse Day Treatment Program for
Pregnant Women and Women with Dependent Children
Wallingford, Vermont
TI13800

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B&D ID

41502

PROJECT DESCRIPTION

Expansion or Enhancement Grant—Expansion—The project plans to use grant monies to partially fund the addition of two counseling positions. (pages 1, 3)

Program Area Affiliation—Women, Women and Children

Congressional District and Congressperson—Vermont At Large; Bernard Sanders

Public Health Region—I

Purpose, Goals, and Objectives—The application states that there is a great need in Vermont for programs for women. Currently, there is only one residential facility in Vermont for women/women with dependent children, and it has a waiting list for services. Thus, there is a considerable gap between the number of women in need and the number of women who actually receive services. The purpose of this project is to take the first step in bridging this gap by developing an outpatient day treatment program specifically geared to serve women/women with children. The two staff positions that will be funded by this grant represent the initial step through which the applicant can begin to build a more comprehensive array of services. Specifically, the overall goal for this initial effort is to increase the target population's access to treatment by providing a program that addresses their unique needs. Looking at the long term, the project also cites another compelling reason for the development of this new program: reducing the intergenerational cycle and cost of substance abuse among this population. (pages 1–4)

Target Population—The project does not define its target population with regard to age or race/ethnicity. The program intends to accept any female resident of Vermont who meets the DSM-IV criteria for substance abuse/dependence. It is anticipated that because of transportation issues the majority of these women will be residents in close proximity to the city of Rutland. (page 5)

Geographic Service Area—As stated above, the project anticipates that many clients will reside in or close to the city of Rutland; however, the program will accept any member of the target population who is a resident of Vermont. (page 5)

Drugs Addressed—The project notes that alcohol is the most abused substance in the State and that Vermont has one of the worst alcohol problems in the country. (page 1)

Theoretical Model—Recovery House typically provides treatment based on the 12-Step recovery model. For this project, the grantee will provide a blend of services that is compatible with the 12-Step approach. The model combines cognitive behavioral therapy with traditional approaches. It focuses on cognitive behavioral skills training and sobriety, using the client's substance abuse as the priority for skills building and movement toward behavior change. This orientation considers change to be incremental: Starting with cognitive changes in behavior, the client learns to understand personal choices, how to restrain unhealthy responses, and, finally, how to redirect her behavior toward choices that will ultimately lead to sobriety. In addition, the project also holds the belief that substance abuse creates a family addictive cycle; therefore, treatment must be family based and address issues such as re-addiction and parenting. (pages 2–3)

Type of Applicant—Private, non-profit (SF-424, item #7)

SERVICE PROVIDER STRUCTURE

Service Organizational Structure—Recovery House, Inc. is a small, private non-profit substance abuse treatment center that has been providing residential, halfway, and outpatient services to Vermont residents for almost 30 years. The agency is governed by a policymaking board of directors of which many members are recovering substance abusers. (page 5–6)

Service Providers—The application states that all services will be provided by the staff of Recovery House, Inc, including the two positions that are to be partially funded by this grant. However, the description of program services and providers is not clear in terms of the involvement of an external agency called the Rutland County Women's Network (RCWN). The application states that RCWN will be involved in the delivery of services, specifically in the area of trauma recovery work and women's issues. Although it may be assumed that these services would refer to trauma counseling and special issues treatment planning, the general list of services does not indicate exactly what services the RCWN will be providing. (pages 4–5, 9–10)

Services Provided—Recovery House, Inc. is proposing an outpatient day treatment program that will focus on responding to the special needs of substance abusing women with dependent children and/or pregnant women. The program duration will be 12 weeks. The application does not provide a description of the services that this program will provide, only a general list in which the naming of service types is somewhat vague. This list includes the following (taken directly from the application): substance abuse treatment/education, services for women with histories of abuse, parenting/child development training, psychiatric and medication evaluation/review, community outreach, consultation, and education. Another point that requires clarification with regard to services: The project notes that in the future it would like to be able to gather the resources necessary to assist clients with transportation and day care. However, one of the positions to be funded by this grant is that of child care worker, with this individual slated to be responsible for providing day care services for children. (pages 4, 7, 10)

Service Setting—The project states that there are two facilities under consideration for housing the proposed program: (1) the First Congregational Church in the center of Wallingford in Rutland County and/or (2) a facility currently owned by Recovery House, Inc. located in central downtown Rutland (also in Rutland County). (pages 7, 9)

Number of Persons Served—The project states that its maximum capacity is five or six women for the 12-week program. It is anticipated that the proposed program will admit 10 women in the first year of operation and 15 in the second year. However, these numbers are not consistent with simple calculations based on the number of 12-week periods in a year (i.e., four), and there is no explanation as to how these numbers were derived. (page 8)

Desired Project Outputs—The desired outputs for the project's target population are as follows:

- Reduced substance abuse
- Reduced incidence of child abuse/neglect
- Increased knowledge and skills in parenting

(page 4, 6)

Consumer Involvement—The application is not specific about consumer involvement in this particular project. It offers only general statements that the input of persons served is an integral part of all activities at Recovery House. In addition, the grantee's outcomes system includes an objective satisfaction rating scale as well as essay/sentence comments from clients regarding their experiences at Recovery House. The application also notes that project input is gathered from a daily community meeting of the women in the program so that specific needs are identified and appropriate action taken. (pages 8, 9)

EVALUATION

Strategy and Design—Not addressed—The application does not provide any discussion related to evaluation design. It states only that the program will be evaluated at monthly quality assurance meetings. There is no further information. (pages 8–9)

Evaluation Goals/Desired Results—Not addressed—As stated above, the application does not include any information with regard to project evaluation.

Evaluation Questions and Variables—Although not included in the application, evaluation questions may be inferred from the desired project outputs stated above. Those questions would be as follows: Did the project result in reduced substance abuse among the target population? Reduced child abuse/neglect? Increased knowledge and skill in parenting?

The variables included in the project narrative are listed as follows: outcome measurements of change in medical/health conditions, legal status, employment/vocational status, mental health, and parenting/family areas. These variables correspond to the grantee's monthly outcomes report, which is included as an attachment immediately following the project narrative. However, the data collected for this report are brief, aggregate data and it is not clear where these data come from or what instruments are used to extract the data needed for the report. (page 7; monthly outcomes report)

Instruments and Data Management—(Additional information needed)—The project states that it will use data from its monthly outcomes report, modified to reflect achievement in life skills and the substance abuse treatment areas on which the program curriculum will focus. However, this instrument reports aggregate data only. There is no information regarding the instruments that will be used to collect individual client data. Second, a review of the monthly outcomes report (attached to project narrative) indicates that data are collected at admission and at "60–90 day follow-up." The project narrative, however, does not address the issue of any kind of follow-up. Third, the project narrative lists a standard intake and a screening assessment as instruments to be used. However, no information is provided with regard to these two instruments or the data collected therein. Finally, the application includes a statement that declares that the project "will be happy and willing to collect Government Performance Reporting Act (GPRA) data if it is required..." since the project will have "such few subjects." (page 7)

In terms of data management, the project plans to utilize its own outcomes system, which is based on the data collected for its monthly outcomes report. This existing system will be modified for use in tracking process measures, quality improvement, and outcomes measures for the target population. However, the application does not provide any information regarding the modifications needed. (page 8)